

what are the BENEFITS?



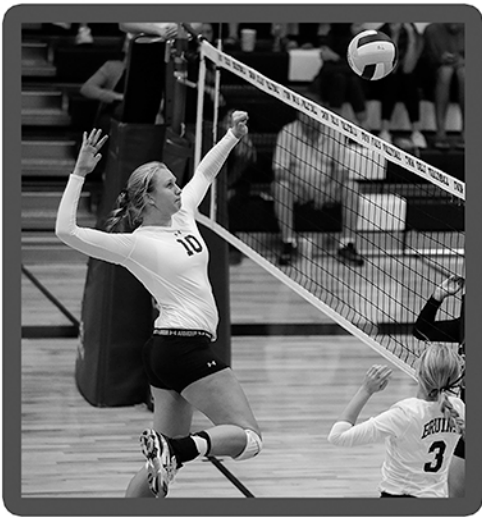
academics...

Activities are not a diversion; they are an extension of a good educational program. Students who participate tend to have higher grade point averages and better attendance while are less likely to dropout or have discipline problems



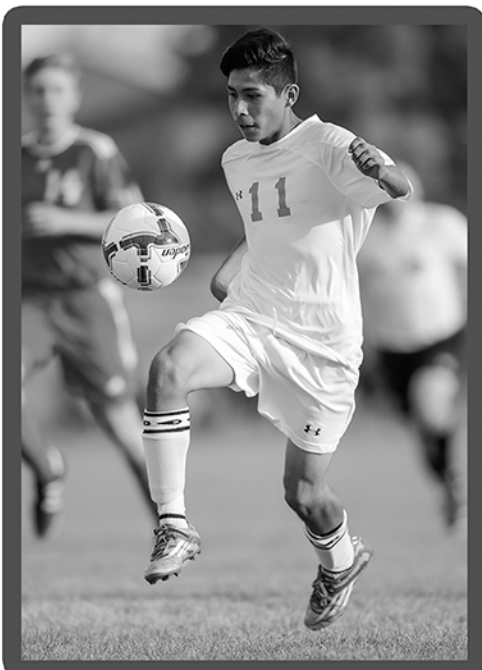
practical skills...

Activities provide valuable lessons and skills - like teamwork, fair play and hard work - for practical situations. Students learn self-discipline, build self confidence and develop ways to handle competitive situations.



health and wellness...

Mental and physical health are improved through activities. Self-concept, self-image, physical activity and weight management are a few of the health benefits realized through activity participation.



future success...

Participation is often a predictor of later success as college students and productive citizens.

